

## **ABSTRACT OF THE DISCLOSURE**

A pillow is formed of a memory member, an adjustment member, and a support member. The memory member is made  
5 of an artificial sponge having a memory. The adjustment member is provided with a plurality of air sacs which are inflatable and deflatable. The adjustment member is fitted into a hollow interior of the memory member. The support member is made of an artificial sponge and is fitted into a hollow interior of  
10 the adjustment member.